Pumpkin Quinoa Breakfast Casserole

Ingredients:

1 C. water
2 T. pumpkin puree
1/4 C. raw quinoa, red or white would work
1 T. maple syrup
1 tsp. coconut oil
1/4 tsp. gluten-free pure vanilla extract
1/2 tsp. ground cinnamon
Pinch ground nutmeg
Pinch ground ginger

Topping Ingredients:
1 T. coconut oil, melted
1 T. maple syrup
1.5 T. finely ground almond flour
1/4 C. pecans, chopped

Directions:

Preheat oven to 350° F and lightly oil a 4-cup casserole dish. (I used a small dab of coconut oil.) In a small bowl, combine all ingredients, minus the topping. Stir until fully mixed, then pour into prepared casserole dish. Cover with a tight lid and cook for 45-50 minutes. Meanwhile, combine all topping ingredients. After the 50 minutes are up, remove the casserole from the oven and sprinkle the topping over the casserole. Return to the oven and cook uncovered for 10-15 minutes, or until golden.

Serves 2.

Sister Kathleen Storms